

Your Understanding of Alcoholism and Drug Addiction

For each of the following statements, rate the extent to which you agree or disagree with it, using the rating scale provided.

	Strongly Disagree			Strongly Agree	
	1	2	3	4	5
a. Every alcoholic and addict must accept that he or she is powerless over alcohol and drugs, and can never drink or use drugs again	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Alcoholics and drug addicts have a distinct set of personality traits by which they can be identified	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Every alcoholic or addict is one drink or one hit away from a total relapse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. The society or culture in which one grows up has a significant influence on whether or not one becomes an alcoholic or an addict	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. If an alcoholic or addict isn't motivated, there is not much you can do to help him or her	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. People can be <u>born</u> alcoholics or drug addicts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. A person's environment plays an important role in determining whether he or she develops alcoholism or drug addiction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Once a person is an alcoholic or an addict, he or she will always be an alcoholic or an addict	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Alcoholism and drug addiction are caused, in part, by growing up in a dysfunctional family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- j. Usually if alcoholics and addicts fail to recover in A.A./N.A./C.A. or treatment, it is because they are unmotivated and in denial ☐ ☐ ☐ ☐ ☐
- k. If an alcoholic or addict is sober or straight for five years, then starts drinking or using drugs again, he or she is right back where he or she left off in the development of the disease ☐ ☐ ☐ ☐ ☐
- l. There are "problem drinkers" who have significant problems with alcohol, but who are not alcoholic ☐ ☐ ☐ ☐ ☐
- m. Alcoholism and drug addiction are caused, in part, by what one learns about alcohol and drugs and the drinking/drug use patterns of one's family and peers ☐ ☐ ☐ ☐ ☐
- n. A person can develop alcoholism or drug addiction because of underlying psychological problems ☐ ☐ ☐ ☐ ☐
- o. Denial is part of the personality of the alcoholic or drug addict ☐ ☐ ☐ ☐ ☐
- p. Alcoholics and drug addicts who are forced into treatment do just as well as those who come into treatment on their own ☐ ☐ ☐ ☐ ☐
- q. Except for detoxification, alcoholics and addicts should never be given psychiatric medications such as anti-depressants, lithium, or anti-anxiety drugs ☐ ☐ ☐ ☐ ☐
- r. There are only two possibilities for an alcoholic or drug addict -- permanent abstinence or death ☐ ☐ ☐ ☐ ☐
- s. If an alcoholic has a drink, or if an addict takes a hit, they lose control and are unable to stop from getting drunk or high ☐ ☐ ☐ ☐ ☐
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